

OKINES

Community House

NEWSLETTER
TERM THREE
2016

Funded by the DEPARTMENT of HEALTH and HUMAN SERVICES

Servicing the Southern Beaches including Lewisham - Forcett - Carlton -
Dodges Ferry - Primrose Sands

Dark Mofo is no match for the Okines Community Garden lantern parade! Around 250 people braved the rain to join us in celebrating the Winter Solstice this year. An enormous THANK YOU to all the helpers: soup makers, lantern makers, those who helped set up and pack up, the sneaky Spirits of Winter who danced and mesmerized the little ones, the school choir for beautiful tunes, teachers who helped out, Richmond Bakery for bread, and perhaps most importantly to all the parents who rugged up the family to get amongst the magic despite the wet weather. We are already excited about next year! Special acknowledgement goes to Jodi Chivers Fine Arts Tasmania for the stunning lanterns, sign & photos - thank you Jodi you are a star.



Congratulations to the graduates of the Certificate II Community Services training that was undertaken at Okines Community House.



BIGGEST MORNING TEA

Thank you to all those who attended the Okines Biggest Morning Tea event in held in June. The morning tea alone raised a total of \$410 with the Dodges Ferry Primary School contributing a further \$128 raised from their lolly jar raffle.

Special thanks to Harley Price who assisted with the school fundraising. Thank you also to Jackie Brownlow who co-ordinated the event.



ABOUT THE NEWSLETTER

The Okines Community House Newsletter is produced quarterly corresponding with school terms and is available by mail, email, Facebook & website or by calling in to the office.

Not for profit community groups are welcome to submit notices or general articles. Inclusion of articles is under the discretion of the Coordinator and Committee who reserve the right to edit the material to suit presentation and available space.

**Contributions can be submitted via email to admin@okinescommunityhouse.com.au.
Closing date for the next issue is **Tuesday 6th of September, 2016.****

Please note the opinions expressed in articles are not necessarily the views of the staff and Committee of Okines Community House.

Did you know you can receive the Okines Newsletter by email? If you are interested please send a request to admin@okinescommunityhouse.com.au

BON VOYAGE!



- Okines News -
From the 18th of July through to the 7th of November 2016 our Coordinator Nat Siggins will be heading off on her well deserved long service leave. We wish Nat a very happy and safe journey and

look forward to hearing about her travel adventures later in the year.

In the meantime we would like to take the opportunity to warmly welcome Meahd Bradshaw who will be filling in for Nat while she is on leave.

TOY & BOOK LIBRARY

Okines Community House has a Toy & Book Library which includes a selection of books, toys and baby items available for collection during our normal operating hours .



Food Co-op

foodco-op@okinescommunityhouse.com.au

OPEN Sunday 10am-noon, Tuesday 2-5pm

Situated in Okines Community Garden..... the Food Co-op offers community members an outlet for purchasing bulk, organic/ethical wholefoods and other products at affordable prices. Our range of goods in bulk includes flours, grains, pulses, nuts, seeds, spices, dried fruits and sweeteners. Locally sourced goods includes honey, olive oil, eggs, butter, freshly baked breads, jams & preserves as well as cleaning products.

The Co-op bottles bulk supplies of products such as Maple Syrup to sell in small convenient quantities. **Check out our news page for regular, seasonal recipes on our website**



Come along and see what else we sell and familiarise yourself with your local Food Co-op during open hours.... Sunday 10am-noon & Tuesday 2-5pm.

Pre-order online or via email

If you can't make opening hours, you can simply go to our webpage (link below) & use the Food Order template available or send us a quick email with your list. Orders need to be received by Monday mornings and packed ready for collection from Tuesday.



The dedicated Pre-orders team are here every week ... rain, hail & shine to fill Co-op member orders!

New members are always welcome

Membership is \$20 / \$15 concession per year. (\$5 a quarter). Active members receive an extra 20% discount on all goods in exchange for 4 hours volunteer work for the Food Co-op or Garden per month. If you are interested in joining you can find out more by visiting our website:

okinescommunityhouse.com.au/wpms/foodcoop/

OR phone Okines Community House **6265 7016**

Term 3 Program - book early places are limited

MONDAY

TUESDAY

FROM WITHIN PILATES - Tutor Salomé Rosa

A Pilates based class designed to improve alignment, strength and flexibility. One hour mat class, in a relaxed friendly environment, suitable for beginners or those with previous experience. Movement from within will help you find elegance and ease in everyday life.

Venue: Okines Community House
Monday 18/7 to 19 Sept '16 - 8.50am to 9.50am
***Thursday:** 21/7 to 22 Sept '16 - 8.50am to 9.50am - (*new to Thursdays) (casual rate \$20 per session)
Fee: \$150 (10 weeks)
Contact: Salomé on 0437 405 213 for more information.

***Please bring an exercise mat**
 Salomé is an accredited Pilates Practitioner, Rehab and Fascial Fitness Trainer.



From Within Pilates

CRAFT CLUB

Are you looking for a weekly get together with friends to chat and share your love of craft? Then the Okines Arts and Crafts Club may be for you. All welcome to come along, work on own individual projects or join in group projects aimed at creating useful items for donation to charities and other organisations focused on achieving positive outcomes.



Venue: Okines Community House
Day: Monday **Starts:** ongoing
Time: 10.30am to 12.30pm **Fee:** \$2 **Contact:** 6265 7016

YOGA FLOW - Tutor Jackie Graham

Yoga Flow Classes are a blend of traditional asana, breathing, relaxation and flowing fluid movement aimed at moving with ease, improving posture, building strength, and freeing the breath. Increased physical vitality, emotional stability and clarity of mind are a natural consequence of a yoga practice. Your tutor Jackie is an experienced yoga teacher with extensive training in yoga & dance. Her work is influenced by her yoga teacher training with internationally renowned yoga instructor and movement therapist Donna Farhi.



Venue: Okines Community House
Day: Mondays **Time:** 6.30pm to 8.00pm
Fee: \$15 per session
Contact: Jackie on 6265 7716

BUS TRIP - Mystery Bus Tour

We have listened to your requests and here it is again - the Mystery Bus Tour. You won't know where you are going but we guarantee you will have a fantastic time. There will be places available to buy lunch or byo if you prefer. Sorell pickups will be at STATION LANE (please advise at time of booking). **Bookings are essential for this trip and please let us know one week prior to the day if you are cancelling your spot.**



MYSTERY

Day: Tuesday 23rd August 2016
Time: Bus departs Okines 9am returning by 3pm
Fee: \$10 **Contact:** Bookings essential on 6265 7016
 *There will be places to purchase lunch.

RHYTHM & BEACHES COMMUNITY SINGING GROUP

We are a group of enthusiastic men and women who have great fun singing together on Tuesday evenings.



Ongoing: Tuesdays
Time: 7pm to 9pm
Fee: \$5 per week
Venue: Okines Community House
Contact: Diane Hansen Phone 0408 328 132

FIZZICAL FUSION FITNESS CLASSES

Want to stay strong and add some punch to your fitness routine? Come along to kick butt Tuesdays and do one or both classes. Classes are 30 minutes, low impact, suitable for all women and need no prior experience. Wear comfortable clothing. Bring towel or mat, and water.

STAYSTRONG - Tutor - Karyl Michaels

Stop resisting exercise and add resistance to your workout. Fizzical Fusion Stay-Strong is a full body, low impact, strength training workout using dumbbells and to music. Tone and strengthen and increase everyday calorie burn. Dumbbells provided.



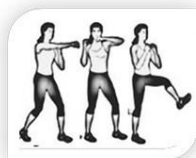
Venue: Okines Community House
Day: Tuesday:
Starts: ongoing
Time: 6.15pm to 6.45pm
Fee: \$5
Contact: Karyl on 0468389659
 fizzicalfusion@gmail.com

Term 3 Program - book early places are limited

TUESDAY

STRIKE - Tutor Karyl Michaels

Kick-start your week and add some punch to your fitness routine. Fizzical Fusion Strike is a low impact, full body kickboxing workout choreographed to music. Strike, punch, kata and kick your way to increased strength, coordination and flexibility.



Venue: Okines Community House

Day: Tuesday:

Starts: ongoing

Time: 6.50pm to 7.20pm

Fee: \$5

Contact: Karyl on 0468389659

fizzicalfusion@gmail.com

PAINTING

The Shoreline Art Group meet at Okines Community House every Wednesday from 10am to 1pm. Anyone interested in joining us may simply come along or for further info phone Cherie on 0488 139 742 or Natalie & John on 6265 7443.

Venue: Okines Community House

Date: Wednesday ongoing

Time: 10am to 1pm

Cost: \$5 includes morning tea

Contact: Natalie & John on 6265 7443 or

Cherie on 0488139742



WEDNESDAY

IYENGAR YOGA - Tutor Gabe Gartrell

Iyengar yoga is open to all people as a holistic approach to improving and maintaining wellbeing.

- Strengthen your body
- Improve your mobility
- Correct your posture
- Calm your mind
- Develop inner strength



Venue: Okines Community House

Start: classes run year round except for school holidays & public holidays

Day: *Wednesday 6pm to 7.15pm (Beginners)

\$16 casual attendance or \$145 for a 10 class pass.

Private tuition \$70

Contact: Gabe on 0457 024 267 or visit the website theyogaeffect.com.au for more information.

**Please note Gabe teaches a full time-table of regular classes at The Boatshed in Lewisham. For more info visit website theyogaeffect.com.au or phone 0457 024 267*



the yoga effect
be well, give back

TAI CHI - Sue Duffy

Tai Chi is an effective exercise for health and wellbeing. Tai Chi can help with a range of disorders including anxiety, arthritis, joint stiffness and stress. People of all ages and fitness levels can enjoy Tai Chi and gain positive health benefits.



Venue: Okines Community House **Day:** Wednesday ongoing

Time: 10am to 11am **Fee:** \$4 **Contact:** 6265 7016

THURSDAY

FROM WITHIN PILATES - Tutor Salomé Rosa

A Pilates based class designed to improve alignment, strength and flexibility. One hour mat class, in a relaxed friendly environment, suitable for beginners or those with previous experience. Movement from within will help you find elegance and ease in everyday life.

Venue: Okines Community House

***Thursday:** 8.50am to 9.50am - (*new to Thursdays)

(casual rate \$20 per session)

Fee: \$135 (9 weeks) commencing Thursday 5 May 2016

Contact: Salomé on 0437 405 213 for more information.

***Please bring an exercise mat**

OKINES BOOK CLUB

The Okines Book Club is a popular and mentally stimulating activity. Share your passion for reading, meet some new people, share a meal and discover new books. There is a membership fee, and books are organised through the LINC (State Library).



Venue: Okines Community House

Day: Every second Thursday of the month

Time: 12.30pm to 2.30pm

BYO plate of food to share

Contact: 6265 7016

*** Please note back up childcare available for some on-site activities depending on level of demand - please enquire when booking.**

Term 3 Program - book early places are limited

THURSDAY

FIZZICAL FUSION FITNESS CLASSES

Want to stay strong and add some balance to your fitness routine? Come along on Super Tone Thursdays for one or both classes. Classes are 30 minutes, low impact, suitable for all women and need no prior experience. Wear comfortable clothing. Bring towel or mat, and water.

Fizzical Fusion STAYSTRONG- Tutor Karyl Michaels

Stop resisting exercise and add resistance to your workout. Fizzical Fusion Stay-Strong is a full body, low impact, strength training workout using dumbbells and choreographed to music. Tone and strengthen and increase everyday **calorie burn**.



Dumbbells provided.

Venue: Okines Community House

Day: Thursday: ongoing **Time:** 6.15pm to 6.45pm **Fee:** \$5

Contact: Karyl on 0468389659 fizzicalfusion@gmail.com

Fizzical Fusion STETCH- Tutor Karyl Michaels

Improve flexibility, balance and coordination and feel good.

Fizzical Fusion Stretch is a full body workout with a mix of dynamic and static stretching. Stretch your body from head to toes using a variety of safe exercises that can be easily adapted to individual needs and concerns.



Venue: Okines Community House **Day:** Thursday:

Starts: Ongoing **Time:** 6.50pm to 7.20pm **Fee:** \$5

Contact: Karyl on 0468389659 fizzicalfusion@gmail.com

FRIDAY

SPINNING GROUP

The spinning group is a wonderful social activity. The group meet every Friday of the month. Bring along your spinning wheel and wool and whatever piece you are currently working on. New members most welcome to come along and join a rapidly growing and very friendly group of spinners.



Venue: Okines Community House

EVERY Friday of the month **Time:** 10am to 3pm **Fee:** \$5

Contact: Eileen 6265 8472 or Karen 0415 416 266

FRIDAY

EATING WITH FRIENDS

Come along to our very successful Eating with Friends Program held on the last Friday of each month. Eating with Friends brings together people to enjoy a nutritious two course meal with friends.



Venue: Okines Community House

Day: last Friday of the month **Time:** 12pm to 2pm

Fee: \$7 for 2 course meal **Contact:** 6265 7016

Bookings are essential

PLEASE advise us at time of booking if you have any special dietary requirements.

ONE POT COOKING - Tutor Sue Metzler

It's sometimes difficult to find the time to cook when you have a busy lifestyle. One pot meals takes the hassle out of cooking as well as the cleaning up afterwards. Our tutor Sue Metzler will over three sessions introduce you to her own unique and delicious curries and stir-fries. If you haven't tried Sue's cooking before you are really missing out on a treat. This is a great way to meet new people in a relaxing environment and each session will finish by sharing lunch. Book early to avoid disappointment.



Venue: Okines Community House

Day: Friday 5th, 12th and 17th of August 2016

Time: 9.30am to 2pm

Fee: \$5 each session **Contact:** 6265 7016

WEEKEND WORKSHOPS

MOSAICS (one day workshop) - Kerry Howlett

This one day workshop is a regular feature of our weekend activities each term. It always gets great feedback from participants. Learn everything you need to know about mosaicing including how to cut/break tiles, glue and grout.

Venue: Okines Community House

Date: Saturday 27th August 2016

Time: 10am to 2pm **Fee:** \$40 & BYO lunch to share

Contact: 6265 7016



Term 3 Program - book early places are limited

WEEKEND WORKSHOPS

YAMUNA BALL ROLLING- Workshops - Tutor Salomé Rosa

Yamuna Ball Rolling is a self healing and self massage technique which uses 10inch inflatable balls to literally roll through all of the body, elongating muscles, improving range of motion, relieving repetitive stress patterns, preventing and healing injuries.

NEW!!

These sessions will use Yamuna Balls to work on tight muscles and improve flexibility. By directing your breath, you will be able to free restrictions in your body and eliminate stress and tension. This work will reorganize and align the body's bones and tissues by lengthening long chains of muscle and fascia; by using compression and cross fiber, friction with traction, and an emphasis on bone stimulation for improving the quality of the bones and removing impact.

Contact: [Salomé on 0437 405 213](tel:0437405213) for more information

Venue: Okines Community House

Date: 4 sessions, on Saturday

- 30th July '16
- 27th August '16
- 24th September '16
- 29th October 2016

Time: 9am to 10.15am

Fee: \$20 per session



Make sure you mark these dates in your calendar for October 2016. We are offering some great activities this week and what a wonderful opportunity to try something new.

BUS TRIP - Mt Field National Park

Don't miss this Seniors Week Bus Tour to one of Tasmania's most popular national parks. Mt Field offers a range of picturesque flora including stunning gum trees and massive tree ferns. Byo lunch to enjoy while basking in the beautiful surroundings or you may purchase on arrival at the site.

Day: Tuesday 11th October 2016

Time: Bus departs Okines 9am returning by 3.30pm

Fee: \$20 **Contact:** Bookings essential on 6265 7016



Continued

TAI CHI followed by morning tea

One of our most popular activities, why not give it a go. This special session will be followed by morning tea. Tai Chi is an effective exercise for health and wellbeing. Tai Chi can help with a range of disorders including anxiety, arthritis, joint stiffness and stress. People of all ages and fitness levels can enjoy Tai Chi and gain positive health benefits.

Venue: Okines Community House

Day: Wednesday 12th Oct 2016 **Time:** 10am to 11am

Fee: free for Seniors Week Session (includes morning tea)

Contact: 6265 7016

FALLS PREVENTION WORKSHOP

As we get older our strength decreases and the potential for falls and breaks increases. Having difficulty putting on your shoes or socks for lack of flexibility?

Getting off the couch challenging for lack of strength in your legs? Carrying shopping bags a problem for your shoulders?

Going for walks a worry for lack of balance and stability?

There are exercises that can increase your strength and improve your balance. These will help you avoid stumbles and falls that can occur in your home and garden.

Day: Thursday 13th October 2016

Time: 10am –11am

Fee: free for this one off Senior's Week opportunity.

Contact: 6265 7016

Class will be conducted in a safe environment. (supported standing and sitting using a chair).

DIGNITY GARDENING PROJECT

Help us launch the DIGNity gardening project over a cuppa and garden inspired cake. Take a tour of the updated garden environment which features easier access for seniors and new raised garden beds. Learn about the DIGNity gardening project, a weekly gardening program to be run by Jessie Bynon Occupational Therapist for people who:

- enjoy gardening but don't feel confident to garden at home alone anymore,
- don't have a garden any more,
- Have moved to an aged care facility but would like to garden,
- Would like to socialise with other gardeners,
- Or are carers, friends or family members of aging gardeners

This program is not therapy, it is not clinical, it is simply gardening!

Day: Thursday 13th October 2016 **Time:** 11am –12pm

Fee: free for this one off Senior's Week opportunity.

Contact: 6265 7016

Term 3 - 2016 Program

MONDAY	TUESDAY	WEDNESDAY
<p>FROM WITHIN PILATES 8.50am to 9.50am, weekly from Monday 2 May 16 \$120 for the term (8 weeks), casual \$20, contact: Salome on 0437 405 213</p> <p>CRAFT CLUB 10.30am to 12.30pm, weekly ongoing, gold coin, contact: 6265 7016</p> <p>VOLLEYBALL 6.30pm to 8pm Monday evenings at Dodges Ferry Primary School Gym.</p> <p>YOGA FLOW 6.30pm to 8pm, cost \$15 per session, contact: Jackie Graham 6265 7716</p> <p>GARDEN TUCKER Cooking from the garden with the culinary Claire, every first Monday of the Month 11-1pm.</p>	<p>BUS TRIP – MYSTERY BUS TOUR 9am to 3pm on Tuesday 23rd August 2016, cost \$10 Contact: 6265 7016</p> <p>FIZZICAL FUSION STAYSTRONG 6.15pm to 6.45pm, \$5 casual, contact Karyl on 0468 389 659</p> <p>FIZZICAL FUSION STRIKE 6.50pm to 7.20pm, \$5 casual, contact Karyl on 0468 389 659</p> <p>RHYTHM & BEACHES COMMUNITY SINGING GROUP 7pm to 9pm, \$5, Contact: Di Hansen on 0408 328 132</p>	<p>PAINTING 10am to 1pm, Cost \$5 per class includes morning tea, Contact: 6265 7443 or 0488 139 742</p> <p>TAI CHI 10am to 11am, ongoing, \$4/class Contact: 6265 7016</p> <p>SECOND BITE FOOD ASSISTANCE 1pm to 4pm, every Wednesday</p> <p>IYENGAR YOGA 6pm to 7.15pm, Beginners, \$16 per session or \$145 for a 10 class pass, Contact: Gabe 62+65 7907 or 0457 024 267</p>
THURSDAY	FRIDAY	WEEKEND WORKSHOPS
<p>FROM WITHIN PILATES 8.50am to 9.50am, weekly from Thursday 5 May '16 \$135 per term (9 weeks), casual \$20, contact: Salome on 0437 405 213</p> <p>OKINES BOOK CLUB 12.30pm to 2.30pm, 2nd Thursday of month, next is 14th July 2016, Contact:6265 7016</p> <p>FIZZICAL FUSION STAYSTRONG 6.15pm to 6.45pm, \$5 casual, contact Karyl on 0468 389 659</p> <p>FIZZICAL FUSION – STRETCH 6.50pm to 7.20pm, \$5 contact Karyl on 0468 389 659</p>	<p>EATING WITH FRIENDS 12pm to 2pm, last Friday of every month, \$7 for 2 courses, Bookings essential: Contact: 62657016</p> <p>ONE POT COOKING 9.30am to 2pm, 5th,12th & 17th August 2016, \$5 per session, contact: 6265 7016</p> <p>SPINNING GROUP 10am to 3pm, Every Friday, \$5 per session. Bring along, spinning wheel and wool. Contact: Eileen on 6265 8472 or Karen 0415 416 266</p> <p>OKINES COMMITTEE MEETINGS Third Friday of every month starting at 9.30 am, all welcome.</p> <p>TAX HELP From 22nd July onwards, only on Fridays by appointment, contact: 6265 7016</p>	<p>MOSAICS 10am to 2pm, one day workshop Saturday 27th August 2016, Cost: \$40, BYO lunch to share, contact: 6265 7016</p> <p>YAMUNA BALLS WORKSHOPS 9am to 10.15am, 4 x one day workshop Saturday 30th July, 27th August, 24th September and 29th October 2016, Cost: \$20, Contact: 0437 405 213</p> <p>DJ SCHOOL WITH DJ DOM 11am to 3pm, Sunday 11th September & 25th September 2016 Cost: \$5 per class, BYO lunch and snacks, (Ages 12-18) contact: 6265 7016</p> <p>VJ SCHOOL WITH VJ LOGAN 11am to 3pm, Sunday 4th September & 18th September 2016 Cost: \$5 per class, BYO lunch and snacks, (Ages 12-18) contact: 6265 7016</p> <p>ART SCHOOL 10am to 3pm, Sunday 2nd October, Tuesday 4th October & Wednesday 5th 2016 Cost: \$5 per class or \$10 for 3, BYO lunch and snacks, (Ages 12-18) contact: 6265 7016</p> <p>YOUTH DANCE PARTY EVENT 5pm to 9pm, Saturday 8th October 2016 Cost: Gold coin entry contact: 6265 7016</p> <p>FULL MOON WEAVING – 6-8pm at the Community Garden August 18, 2016</p>

Can you believe all these activities are part of the "Don't Need Drinks to Dance" event - how awesome is that! This is a seriously great opportunity to learn some cool skills as well as make sure that there are more events like this in your local community.

SAT OCT 8th 5pm - 9pm
Dodges Ferry Gym
Gold Coin Entry - All Ages Welcome



Dance Party

Featuring local DJ's and VJ's
 Dance performers
 Visual Art Installations
 Food and Mock-tails
 Market stalls and more

Don't Need Drinks to Dance

Recipient, 2015 FRRR ABC Heywire Youth Innovation Grant




Ever dreamed of being a DJ? Want to impress yourself and your friends with beat matching and song selection skills? Dom is a professional DJ who has played in Tasmania for over 15 years. He will run two hands on workshops teaching the basics of becoming a DJ. All you need is a thumb drive full of your favourite music and a keen ear. Those who have a computer, iPad or other device with music making or DJ software are invited to bring them along. We will be working with Native Instruments software Traktor and the Hardware device Traktor Kontrol S4

There will be two workshops and those who attend will be encouraged to perform at the main event
DON'T NEED DRINKS TO DANCE

Sunday the 11th of September 11am-3pm and Sunday the 25th of September 11am-3pm

Ages 12-18 Limited Spaces so book early \$5 per class

Please bring along your own lunch and snacks



WHAT IS A VJ ? VJ Artists design and perform live eye-catching imagery and visual effects as seen at major concerts, festivals, theatre, film clips and dance parties. Logan is one of Tasmania's best VJ artists and he will be conducting two workshops in the art of being a VJ. Skills gained from these workshops could lead towards an exciting career in the Arts Industry.

There are two workshops and those who attend will be encouraged to perform at the main event

DON'T NEED DRINKS TO DANCE

Sunday 4th of September 11am -3pm, Sunday 18th of September 11am -3pm

Ages 12-18 Limited Spaces so book early \$5 per class

Please bring along your own lunch and snacks



Okines Community House are excited to announce that they are the recipients of an ABC Heywire grant to put on a major youth event in October 2016 called

Don't Need Drinks To Dance

We seek committed teenagers between the ages of 12-18yrs to join our Youth Management committee, starting ASAP. The role of the group is to promote, facilitate and coordinate the dance event and other workshops leading up to it, as well as having the recognition of being a part of the national HEYWIRE team and acquiring skills in event management. If you are interested in this fantastic opportunity please contact Nell at Okines Community House ASAP on 62657016 or through our facebook page. We will meet once a fortnight at the house between 4pm and 5pm.

Leading up to the event we will be hosting a series of workshops in learning to become a DJ, a VJ and constructing Festival Art Installations and more.
 danelledegrassi@gmail.com



FESTIVAL ART INSTALLATION WORKSHOPS

Inspired by ART that you see at large festivals and music concerts? Ever wanted to try making a large installation? Okines Community House are offering a series of workshops in festival art installations with a focus on making art from trash & recyclable materials to be displayed and decorate the dance hall at our main event on the 8th of October.

DON'T NEED DRINKS TO DANCE

Sunday 2nd of October -10am-3pm, Tuesday 4th of October 10am-3pm
 Wednesday the 5th of October 10am-3pm

Limited spaces \$5 per class or \$10 for three AGES 12-18

Please bring along your own lunch and refreshments

NOTE: we have a collection box at Okines Community House for clean plastic bottles, coloured lids, tie wire, plastic spoons, forks and plates, or anything of arty interest, please support us by donating these good to our workshops.



BREAKFAST CLUB

The Okines Breakfast Club in partnership with Dodges Ferry Primary School will re-commence in term three on **Tuesday 19th July 2016**. Breakfast is offered Tuesday and Thursday mornings from **8am**.



Okines would like to gratefully acknowledge the support of Richmond Bakery & Betta Milk who donate food each week to breakfast club. If you would like to help out please phone 6265 7016 or forward an email to: admin@okinescommunityhouse.com.au.



TAX HELP AT OKINES

It's that time of the year again. Tax Help is a network of volunteers who help people on low incomes with their taxation responsibilities including preparing their tax returns at tax time.

This is a **FREE** service sponsored by the Australian Taxation Office. If you would like your taxes done by an accredited volunteer book now to see if you are eligible through Okines Community House on 6265 7016 or email: admin@okinescommunityhouse.com.au

- AVAILABLE FROM 22ND JULY 2016 -



PITTWATER ART GROUP

- Painting in all mediums -

Come visit my Site <http://gailburnart.webs.com/>

Tuesdays: 2hr sessions 10am-12noon
(*Plus two x 3hour sessions. 10am - 1pm)

Venue: Supper Room Memorial Hall Cole St. SORELL

Enquiries: Gail 62658775 or Cheryl 0400740148

Food Assistance

available at Okines on Wednesday afternoons



SecondBite redistributes surplus fresh food to community food programs around Australia. Food is donated by farmers, wholesalers, markets, supermarkets, caterers and events. This high-quality surplus food is redistributed to community food programs that support people who are homeless, women and families in crisis, youth at risk, indigenous communities, asylum seekers and new arrivals.

Thanks to the excellent work from **Second Bite** Okines Community House are pleased to be able to provide access to quality, healthy food such as bread, vegetables and fruit. (items differ week to week), to those in need, at no cost.

If you are in need of these items, they will be available by calling into Okines Community House on:



Wednesdays
1pm - 4pm



Computer Training - Term 4 -

Are you interested in any of the following?:

- Computer basics
- Accessing the internet
- Email
- Photos and computers
- Shopping online
- Smartphones
- Social Media
- Creating flyers & posters



We have received some interest to our offer of creating a computer training program at Okines however we would like to see a few more people register to make it viable. If you think this is something that would be of benefit to you please register your interest today by phoning 6265 7016 or emailing: admin@okinescommunityhouse.com.au



BADMINTON

Wednesday evenings - 7.30pm

Dodges Ferry Primary School Gym

Dodges Ferry Badminton Club provides a fun and welcoming environment for players of all levels.
www.facebook.com/dodgesferrybadmintonclub

Okines Community Garden

Bug Hotels, snails and chooks

It's a little hard to believe that we are in our fifth year here at the Garden, but a quick look around reveals plenty of evidence that the seasons have turned five times. Rotting garden beds, twitch overtaking the rhubarb patch, bramble berries and passionfruit vines looking like something out of "Day of the Triffids". It's time this winter for some serious maintenance work, so over the next few months you may notice lots of digging, pruning, moving, building, revamping and not a great deal of planting and growing. Hopefully most of the dirty work will be done by spring so that we can get our seeds and seedlings in time for the soil to warm up. If you are interested in helping with any of these tasks please get in touch or just come along on a Monday between 9-4pm to help out. Working in the garden is a great way to stay warm and keep up some exercise over winter.

Some of the infrastructure works will involve hardening a few pathways and creating more accessible raised beds for the DIGnity project which will be launched in spring this year. DIGnity Supported Gardening has been funded by a Community Support Levy Grant and is a program to support peoples wish to remain independent, keep gardening and enjoy socialising in a community setting. The Garden, in partnership with Grow Occupational Therapy will be providing support which is not clinical and not therapy, to those who need it to continue gardening. If you are interested in learning more about this project email the garden dig@okinescommunityhouse.com.au or contact Jessie (Occupational Therapist)

jessie@growoccupationaltherapy.com.au or (03) 62659281



Bug hotels created by Grade 3 Randazzo as part of their Grow and Learn Program in the first half of the year. Students worked in groups of four to adopt a garden patch from scratch. Over ten weeks they added

compost, planted seeds, built trellises, practiced organic pest control, weeded, built scarecrows and finally harvested the veggies to eat on wood fired pizzas. Who would have thought that 8 year olds would eat radish, turnip, carrots and snow peas on pizza! Unfortunately the Grow and Learn Program is on hold until we secure funding to ensure that the other classes get their turn in the Garden for term 3 and 4.

The chooks (Cheeky Clara and Speckles) continue to be loved by all at the garden and despite the cold Clara is still laying! Kinder Red and Prep B classes come each week to

feed and care for the chooks and have begun a great recycling program collecting waste from fruit snacks to feed to the hens. Whatever isn't eaten is raked up and added to our compost heaps along with nitrogen rich chook poo, completing the cycle so nicely. Their small pen gets moved around regularly so that they have a fresh patch of grass to scratch (if any inventive person can come up with a nifty way to attach some wheels to the pen please get in contact as it is rather heavy!) One of the girls favourite treats are protein rich snails, so when you bring the kids along to the garden send them on a snail hunt and feed these pesky vegie munching critters to the girls; a great organic pest control method.

Another exciting date in the Garden Calendar is the Permaculture Design Course we will be hosting from 21st January to 3rd February 2017. The course will be facilitated by the awesome crew at Goodlife Permaculture and consists of 2 weeks of life changing permaculture learning. They are taking registrations now and have a limited number of scholarships available so get online to find out more: www.goodlifepermaculture.com.au or Hannah 0418307294. This is an internationally recognised course and will be sure to blow your mind with its abundance of inspiring education. As a bonus, Hannah from Goodlife is on the lookout for two blocks of land which could be used by the participants of the course to design permaculture systems for. They need one suburban quarter acre block and one larger rural block within a short walk or drive from the Garden. Participants will need to traipse around the properties to conduct site analyses but at the end of the two weeks, you will have a bundle of ideas on paper for 'Permaculturising' your property, all at no cost to you (no physical work will be done). The blocks need to be blank canvases (buildings ok) as too many existing food systems are a little confusing for students new to permaculture. If you think you have a patch that would suit this project contact us and we will point you in the right direction.

More exciting dates to remember:

August 18th Full Moon Weaving with Gwen Egg, by donation. First Monday of every month 11-1pm Garden Tucker. Come and cook with seasonal produce, work in the garden or just sit and enjoy the lunchtime feast. Free, all welcome.

We have mulch for sale again. \$10 per trailer or ute load. Please be generous as these funds go directly back into improving the garden for everyone. Please put money into the donation pole or the Community House office.

Yours organically,

Gabe & Claire

***Sunday August 7 - 10am to 2pm
Joint working bee with Garden & Food
Co-op.
Creating universal access for DIGnity
Project & general maintenance
Free - lunch provided**

A Day on the Marsh

Steeles Island Retreat

- Sunday 28th August -

A free community event



'A Day on the Marsh', to be held on Sunday 28th of August from **10am - 4pm**, will be a chance to celebrate and learn about our Saltmarshes, this very special area located right on our doorstep.

Funded by an NRM South grant, 'A Day on the Marsh' will feature a wide range of activities with a 'something for everyone' philosophy. Highlights include guided walks on the Saltmarshes and a presentation by shorebird expert Dr Eric Woehler, who will be setting up telescopes on the day to view resident shorebirds. Experts will give presentations on everything from marine debris to climate change and for those looking for a more hands-on, creative experience, we will have activities for children, drawing, weaving, mosaics, story-telling and a variety of stalls to visit.

If you have ever wondered about the extensive Aboriginal middens in our local area, we hope to include an Aboriginal led interpretive walk and presentations on the Aboriginal heritage and occupation of the area. Local musicians will provide entertainment and food vans will be parked on location. Best of all, our venue is Steeles Island Retreat, an all-weather site located on Steele's Island, at the mouth of the Carlton River.



For more information, check out the Southern Beaches Landcare Coastcare facebook page and keep an eye out for posters on community noticeboards.

See you there!



Salvation Army



223-227 Carlton River
Road
CARLTON 7173

Youth:

Friday night fun
All year 6 to 12 children welcome
Fully supervised
Canteen open to sell food & drinks
6pm - 8pm each Friday

Op Shop:

Winter opening hours
Monday - Saturday
10am - 2pm

Every Sunday 10am @ The Salvation Army Carlton, Family Church Service and Children's Church.

Every Tuesday 9.30- 12.00 Coffee and Chat. Kids very welcome

Every Tuesday 1pm -3pm Over 40's chat group. Cards, board games or bring your own crafts to complete as we share snacks, coffee, tea. A laugh and a chat.

For information on any of the activities
Ph, 0410 160 280

Southern Beaches Regional Arts

Show and Tell Meets

Every second Tuesday in the month
from

February -December,
at the Lewisham Tavern!
6pm for a friendly meal! 7pm for
"Show and Tell"!

Feature artist every month!
Bring your art to show!

Contact 0407 851 706

VOLLEYBALL

Monday evenings
Dodges Ferry Primary
School Gym
6.30pm - 8pm



Dodges Ferry Seniors Citizens

Indoor Carpet Bowling at Dodges Ferry Recreation Centre
Thursdays 12.45pm - 4pm
All day bowls every 3rd Thursday including lunch and regular
Round Robin bowls competitions.
Social outings, club lunches, Christmas and New Year lunches and
activities.
Also provides a support network for members and their families.
ph. 6265 8208

Pittwater Photography Group



We meet each Wednesday for
Friendship, Fun, Food and Adventures
with our Cameras.

From Beach to Bush to Back Roads...

We carpool and share the petrol cost.

Membership is just \$6 per year through the

PITTWATER COMMUNITY CENTRE

34 Hoffman St, Midway Point 7171

Enquiries michelle.pears@bigpond.com or

PRIMROSE SANDS - COMMUNITY ACTIVITIES -

Ladies Day

Held every second Wednesday, \$8 for cooked lunch
includes Raffle & Lucky Door Prize. 12pm - 3pm at
Primrose Community Hall. For more info. phone
Maree on 6265 5304

Cards

Held every second Wednesday 12pm to 3pm at
Primrose Community Hall, BYO plate optional. For
more info. phone Maree on 6265 5304

Line Dancing

Held every Friday from 10am to 12pm at Primrose
Community Hall, Cost is \$4. For more info. phone
Maree on 6265 5304

Eating with Friends

Every 3rd Sunday of each month at Primrose
Community Hall, 3 courses for \$12 as well as a lucky
door prize. For more info. phone Maree on 6265 5304

Primrose Sands Sport & Youth Program

Mondays & Wednesdays

4.30—6pm, Ages 8 - 16, \$1 entry

Supervised activities include: basketball, indoor
hockey & soccer, dodge ball, volleyball, mini footy,
indoor cricket, craft, karaoke, video games and board
games.

There is an area where young people can just sit and
chat. We have a dedicated group of volunteers who
come along each week and perform their particular
roles with enthusiasm.



**SOUTHERN BEACHES LANDCARE/
COASTCARE INC.**

C/- Post Office
DODGES FERRY TAS 7173
ABN 59720014733

20+ Years of Community Caring For Coast and Country

SBL/C general meetings are held at 9am on the
first Friday of each month at Okines Community
House. Working bees are held on the third
Saturday of each month at various locations.
Primrose Sands group hold working bees on the
first Saturday of the month and Clean Up Group
working bees are held on the fourth Sunday. For
more info. Please ph: 6265 8682 or email:
southernbeacheslandcoastcare@gmail.com

New, Improved NILS Loans!

- ◆ up to \$1200
- ◆ expanded range of items



NILS Network of Tasmania Inc

The NIL\$ Network provides interest-free loans of up to \$1200 for essential household items, such as fridges, washing machines, beds and hot water systems.



NILS is also now available for:

- Car Registration
- Car Repairs and Car Tyres
- Computers (no restrictions)
- Dentures and Orthodontic Treatment
- Household Repairs and Maintenance
- School trips
- Carpets and curtains (restrictions apply)

Interested in finding out more about NILS?

☎ phone us on **1300 301 650** for the cost of a local call
(or pick up a brochure at Okines Community House)

To be eligible for a loan you must:

- * Have a current Health Care Card or Pension Concession Card
- * Have lived at your current address for at least six months
- * Be able to repay the loan.



Permaculture Design Course



21 Jan - 3 Feb

**Okines Community House & Garden
* Dodges Ferry ***

Activate your head, heart & hands to design the life you've always wanted to live

Two weeks of life changing permaculture learning. You'll walk away knowing how to design resilient and robust permaculture systems for your own (and others) lives and landscapes in a supportive and beautiful learning environment.

The course fee includes all catering, accommodation, student resources & fieldtrips!

You'll learn all about...

- * Permaculture ethics & principles
- * Design theory and practical application
- * Designing water wise landscapes
- * Soil health
- * Community development
- * Sustainable building design
- * How to grow food
- * Alternative economics
- * Energy systems
- * Social permaculture
- * Food forests
- * And more!

"I loved this course. It hasn't just changed my outlook on life - it's changed my life."

COURSE FEE: \$1850

Book in with two or more people & pay \$1600 per person - a saving of \$250

A limited amount of full & partial scholarships are available, please contact us to find out more.

Queries & Registration: www.goodlifepermaculture.com.au / 0418 307 294

SORELL ON STAGE!

Interested in Acting? Directing? Back stage crewing? Any aspect of theatre?
We are always looking for more people.
Sorell on Stage meets twice a week, Thursday and Sunday.
Sorell Memorial Hall 7pm.
mid January - November.
Contact 6106 0071

CLEAN UP SOUTHERN BEACHES

Meet 4th Sunday of every month in the car park in front of the Dodges Ferry Tavern from 8.30am - Contact Lorraine by email: loron@inet.net.au

MEN'S BREAKFAST

St George's Church Hall, Sorell, third Wednesday of each month at 7.30am. Phone 62481878
- Guest Speaker -
New members welcome.



OKINES COMMUNITY HOUSE INC

ABN: 99 433 272 191

For the community. By the community

www.okinescommunityhouse.com.au



Okines Community House Inc is located at:
510 Old Forcett Road, Dodges Ferry (adjacent to the Dodges Ferry Primary School & next to the Okines Community Garden)
PO Box 91, Dodges Ferry, TAS 7173

Administration:

Monday, Tuesday & Friday - 9am to 3pm
Wednesday & Thursday - 9am to 4pm
Phone/Fax: 03 6265 7016
Mobile: 0438 651 155
email: admin@okinescommunityhouse.com.au

Community Garden:

Monday - 9am to 4pm
Wednesday - 1pm to 3pm
Thursday - 12.15pm to 2.45pm
Mobile: 0457 024 267
email: dig@okinescommunityhouse.com.au

Food Co-op:

Sunday - 9.30am to 12.00pm
Tuesday - 2pm to 5pm
email: foodco-op@okinescommunityhouse.com.au

Grab a coffee & support Okines Community House

Only \$2 for a delicious cappuccino, latte or hot chocolate, takeaway cups available.



OFFICE FACILITIES CHARGES

Internet & Computer: Computers are available for internet access during operating hours. There is NO COST for using the Internet however, printing does have a fee as per photocopying charges.

Laminating: A4= 50c each A3= \$1.00 each

Photocopying:

Using our paper A4 (1 side) = 10c A4 (2 sides) = 15c
A3 (1 side) = 20c A3 (2 sides) = 30c
Own paper A4 (1 side) = 5c A4 (2 sides) = 10c
A3 (1 side) = 10c A3 (2 sides) = 20c

Colour Printing:

Using our paper A4 (1 side) = 30c A4 (2 sides) = 60c
A3 (1 side) = 60c A3 (2 sides) = \$1.20
Own paper A4 (1 side) = 15c A4 (2 sides) = 30c
A3 (1 side) = 30c A3 (2 sides) = 60c

Fax Machine: To send a fax is 50c per page, Our Fax No. is 6265 7016 if you need to have anything faxed to you. The cost will be 10c for each page received.

Scanning Scanning of documents is available at no charge

Centre Hire: Various rooms available at reasonable prices, contact 6265 7016 for further details.

*** OKINES COMMITTEE MEETINGS ***

Okines Community House Management Committee meets the third Friday of every month at 10am. The Committee is made up of people from the community who make decisions about insurance, staffing, activities and money. You are welcome to attend our meetings at any time to have an input, or perhaps you might also be interested in joining our committee. For further information email admin@okinescommunityhouse.com.au or ph: 6265 7016.

Information, Support and Referral services can be accessed at Okines Community House. We have a range of information, pamphlets and books and can listen and support you with issues of concern and refer you to other services if need be.

LIST OF LOCAL PLAYGROUPS

MIDWAY POINT

Pittwater Playgroup
Tuesday 10am – 12noon
Thursday 10am – 12noon
No joining fee
\$2 plus piece of fruit
Held at Pittwater Neighbourhood Centre,
Hoffman Street Contact: 62651155

DUNALLEY

Wednesday 9am – 11am
No joining fee
\$1 per child (includes morning tea)
Held at Dunalley Neighbourhood House
Contact: 62535579

Toy & Book Library:

Membership of the library is a one-off payment of \$5. A selection of toys, books, DVDs are then available for loan for a period of 2 weeks.

LAUNCH INTO LEARNING—SCHOOL PROGRAM

Tuesday 9 am to 10 am Wiggling Wombats
Thursday 9am to 10 am Music Making
Friday 9am to 10.15am Learning Together
Friday 10.15am to 11am Chat & Play

Playgroup is an informal session where parents, carers, children and babies meet together in a relaxed environment. No child is too young for playgroup. All children from 0-5 years, including babies, love new experiences and benefit from developing sensory, social and communication skills through activities at playgroup.